

Understanding Your Grief

General Resources

- National Suicide Hotline: 1-800-273-8255
- [Suicidepreventionlifeline.org/help-yourself/youth/](https://suicidepreventionlifeline.org/help-yourself/youth/)
- Crisis Text Line: Text HOME to 741741 to connect with a crisis counselor or visit www.crisistextline.org
- Northcentral Healthcare Center: 715-845-4326 www.norcen.org/services/crisis-services/ Toll Free 800-799-0122
TDD 715-845-4928, for those with hearing or speech difficulties.
Connecting you to crisis support in Marathon, Langlade, and Lincoln Counties

Support Groups

Many local support groups can be found that specialize in grief support. Some easy ways to find a group that fits your needs include:

- Check with your local Health Care System to see what groups are offered
- Check with your church
- Check with your school
- Talk to your funeral director
- Search online for virtual support groups

“The reality is that you will grieve forever. You will not ‘get over’ the loss of a loved one; you will learn to live with it. You will heal and you will rebuild yourself around the loss you have suffered. You will be whole again but you will never be the same. Nor should you be the same, nor would you want to.”

Elisabeth Kubler-Ross and David Kessler

Local Counseling Services

You may find it most helpful to look at a therapist’s bio to determine if they specialize in grief. Many agencies have staff that are familiar with grief or can provide resources to help you through the grief process. Your primary care physician can also provide you with a referral for counseling services.

For a comprehensive list of local counselors, visit United Way:
www.unitedway.org
Or
Dial 211 for Information

Resources

Grief and managing an overdose death - pcss, (2019, October 07). Retrieved April 27, 2021, from <https://pcssnow.org/event/grief-and-managing-an-overdose-death/>

Grieving families. (2021, February 10). Retrieved April 27, 2021, from <https://www.chawisconsin.org/initiatives/grief-and-bereavement/grieving-families/>

This material development was funded by the Cooperative Agreement NU17CE925003-02-02 Centers for Disease Control and Prevention (CDC). Its contents do not necessarily represent the official views of the CDC or the U.S. Department of Health and Human Services.



A resource provided by the Marathon County Medical Examiner's Office.



What is Grief?

Grief is a normal, natural, and necessary response to loss. It is a process, not an event. It takes time to work through your grief. There is no good or bad, right or wrong way to grieve, it is a unique experience that operates on an individual timeline. Grieving is an internal process and carries the potential for transformation.

Grief takes many forms. Some people will experience things that another person may not. It doesn't mean that you're not grieving the right way, it means you're grieving YOUR WAY.

Helpful Grief Websites

- Grieving.com
- 7cups.com
- Centerforloss.com
- Whatsyourgrief.com
- Opentohope.com
- Dougy.org (for Children)
- Griefshare.org
- Wingsgrief.org
- Childmind.org
- Chawisconsin.org

Grieving Children

Children grieve differently. A child may go from crying one minute to playing the next, that doesn't mean they aren't sad, or that they are finished grieving. Children just cope differently. Playing can be a defense mechanism.

Very young children may regress, start wetting the bed again, or slip back into baby talk. Encourage a grieving child to express their feelings. If they have a hard time expressing their feelings with words you can try:

- Drawing pictures
- Building a scrapbook
- Looking at photo albums
- Telling stories
- Read children's books about death together in order to start a conversation about what's happening

Try not to volunteer too much information. Instead, do your best to answer their questions. They may not understand that death is permanent. Be direct and try not to use euphemisms, such as, "went to sleep."

Resources for Grieving Children

- Website: <https://whatsyourgrief.com/children's-books-about-death/>
- Children Books:
 - The Invisible String
 - The Memory Box
 - Invisible Dad
 - The Bench
 - This I Know
 - I Miss You
 - Someone I Love Died
 - God Gave Us Angels
- Online worksheets that can be used with kids experiencing grief:
https://www.mylemarks.com/store/c30/Grief_and_Loss_Worksheets.html

When to Seek Help

Seeking help should not be seen as a last resort and can be useful no matter where you are in the grieving process. Seek help if you feel characteristics of complicated grief the same or if they intensify after several months and you are feeling "trapped" in your grief. You may consider seeking help from a professional trained in grief processing:

- If you do not feel you are able to your basic needs such as food, clothing, and shelter
- If you feel unable to attend to the basic needs of your children, or any other people or pets that are dependent on you for their basic needs
- If you do not feel that your grief process has in any way changed after what you consider to be a reasonable amount of time, and you feel like it is debilitating your ability to engage in important areas of your life, such as work, relationships, etc. and you are unsure of how to move forward

If at any point in your grief process you experience the following, you should seek immediate help from your physician, counselor or crisis service provider:

- Anger, irritation, or episodes of rage
- Inability to focus on anything but the death of a loved one
- Focusing intensely on reminders of the deceased or excessive avoidance of such reminders
- Intense feelings of sadness, pain, detachment, sorrow, hopelessness, emptiness, low self-esteem, bitterness, or longing for the deceased's presence
- Problems accepting the reality of the death
- Self-destructive behavior, such as alcohol or drug abuse
- Suicidal thoughts